

# Adventure Cooking Camp

## Session Plan: Veggie Paella

### 1. Session Overview

**Day:** Monday

**Time:** 10:00–12:00

**Age Range:** 8–14

**Group Size:** Up to 4 children per group

**Duration:** 120 minutes

**Energy Level:** Medium

### 2. Learning Focus

**Primary Skills:** Safe knife skills, layering flavours

**Secondary Skills:** Measuring, heat awareness, teamwork

**Confidence Outcome:** Children feel confident chopping vegetables and cooking a shared dish from scratch.

### 3. Ingredients & Equipment (Per Group of 4)

#### Ingredients:

- Onion – 1 medium
- Red pepper – 1
- Courgette – 1 small
- Garlic – 2 cloves
- Paella rice – 300g
- Vegetable stock – 750ml
- Paprika – 1 tsp
- Olive oil – 2 tbsp

#### Equipment:

- 1 large pan
- 1 wooden spoon
- 4 chopping boards
- 4 knives

- 1 measuring jug

**Allergens:** None (always check stock cubes)

## 4. Step-by-Step Cooking Instructions

### Step 1 — Safety & Setup (10 mins)

**Staff:** Lead handwashing, explain knife rules, demonstrate grip, assign roles (chopper, measurer, stirrer).

**Children:** Wash hands, put on aprons, stand at stations.

### Step 2 — Vegetable Prep (25 mins)

**Staff Show:** Safe chopping technique and stable stance.

**Children Do:** Dice onion, pepper and courgette; crush garlic. Measure rice and stock.

**Safety:** Staff circulate continuously and stop unsafe behaviour immediately.

### Step 3 — Cooking Base (15 mins)

**Staff:** Control hob. Add oil and onions, explain softening vs browning.

**Children:** Stir gently and observe colour and smell.

### Step 4 — Build the Paella (30 mins)

**Staff:** Add paprika and rice, explain coating grains.

**Children:** Stir in vegetables and stock. Observe absorption.

### Step 5 — Simmer & Taste (20 mins)

**Staff:** Lower heat and explain simmering.

**Children:** Taste (when safe), suggest seasoning adjustments.

## 5. Delivery Notes for Staff

Nervous cooks: assign measuring or stirring roles first.

Confident cooks: lead flavour discussion and timing.

If time runs short: reduce simmer slightly but ensure rice is cooked.

If rice is dry: add small amounts of hot water, not cold.

## 6. End of Session

### Reflection Questions:

- What did you find easiest?
- What was trickiest?
- What would you change next time?

**Clean Down:** Wash pans, wipe surfaces, store leftovers safely.